



United  
States  
Department  
of  
Agriculture

# OUTDOOR SAFETY

## BE SAFE OR BE SORRY

Beyond walls, roofs and carpeting lies a world of scenic beauty and enjoyment!

The outdoors presents fun and exciting recreational adventures. Carrying items that keep you out of trouble and provide some comfort may also save your life.



## BE SAFE

**Leave a written itinerary.** Leave an outline with a responsible person of where you are going and when you will return. The sooner someone knows you're missing, the sooner they will start to look for you.

**Bring proper clothing.** Consider the environmental extremes you may encounter. Heat, rain, cold, etc.....

**Carry matches or a lighter.** With these items you can keep warm and cook your dinner!



### **Carry a stocked first aid kit.**

This may be the most important item that you carry with you. The contents can vary from a roll of duct tape and sterile gauze to a kit that would require a donkey to carry it. Choose items that are versatile. For example, a wide variety of adhesive bandages are nice, but gauze and strips of tape can be adapted to fit many sizes.

**Bring a space blanket or plastic garbage bag.** These items fold up and are easy to carry and can serve multiple purposes. They can be used as a rain shelter, shade or just to keep you warm and dry.

**Remember the water!** Always carry it. Know how to find it and know how to make it as safe as possible to drink.



**Pack a safety whistle.** A whistle is louder than a voice and takes less energy to use. It will help others to locate you if you are lost and can be used to scare away animals.

## BE SANE

**Know your physical limitations.** If your daily activity is low, on Saturday don't take off on a very long hike. You are liable to get into trouble and your body won't be happy either.

**Have the skills you need.** Will you be following a trail on a map? What if your GPS breaks down? Can you navigate with a compass? If you can figure out where you are, you aren't lost.



**Travel with at least one companion.** It makes your journey more enjoyable when you share it with someone, and if you get into trouble a companion can help.

## BE RESPONSIBLE

It is every individual's responsibility to preserve and protect federal lands for future generations. We all can do our part to keep public lands clean and beautiful.

**Leave no trace.** When recreating outdoors enjoy the environment without changing or damaging it.

**Respect wildlife.** Appreciate and observe wildlife from a safe distance. Don't feed, chase or disturb wildlife. In nature, humans are the visitors.

### **Prevent forest fires.**

Nationally, nine out of ten fires are caused by people. Carry a valid campfire permit and observe current fire restrictions. Drown your campfire with water before leaving it unattended.



Forest  
Service  
Pacific  
Southwest  
Region



## HUG-A-TREE

After a search for a nine year old boy who died in the San Diego Mountains, a group of people involved in that search started the Hug-A-Tree and Survive Program. It teaches children how not to get lost, how to stay comfortable if they do get lost, and how to be spotted and ***found!*** Talk to your kids about what to do if they get lost **before** you go on a trip. Teach the following Hug-A-Tree program suggestions to your children.

- 🌲 ***Once you think you're lost, hug-a-tree.*** By staying in one place, you'll be found more quickly, and will not be injured in a fall.
- 🌲 ***Make yourself big.*** Wear bright colored clothes when you go near the woods or desert. Find a tree to hug near a small clearing if possible.
- 🌲 ***Animals in the forest don't want to hurt you.*** If you hear a noise in the night, yell at it or blow your whistle. If it is an animal it will run away to protect itself. If it is a searcher, you will be found.
- 🌲 ***Carry a trash bag and whistle on all outdoor trips.*** Make a hole in the bag to put over your head, it will keep you warm and dry. The whistle is louder than your voice and takes less energy to use.
- 🌲 ***Remember your family won't be angry with you for getting lost.*** Children have avoided searchers because they were ashamed of getting lost and afraid of punishment. Anyone can get lost. If kids know a happy reunion, filled with love is waiting, they will be less frightened, less prone to panic and work hard to be found.



## For More Information:



### Lassen National Forest

#### ***Almanor Ranger District***

PO Box 767 / 900 East Hwy 36  
Chester, CA 96020  
(530) 258-2141

#### ***Eagle Lake Ranger District***

477-050 Eagle Lake Rd.  
Susanville, CA 96130  
(530) 257-4188

#### ***Hat Creek Ranger District***

PO Box 220 / 43225 East Hwy 299  
Fall River Mills, CA 96028  
(530) 336-5521

**On-Line:** [www.fs.usda.gov/lassen](http://www.fs.usda.gov/lassen)

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### Bureau Of Land Management



#### ***Eagle Lake Field Office***

2950 Riverside Dr.  
Susanville, CA 96130  
(530) 257-0456

#### ***Alturas Field Office***

708 West 12th St  
Alturas, CA 96101  
(530) 233-4666

#### ***Surprise Field Office***

602 Cressler St.  
Cedarville, CA 96104  
(530) 279-6101

#### ***Redding Field Office***

355 Hemsted Dr.  
Redding, CA 96002  
(530) 224-2100

**On-Line:** [www.ca.blm.gov](http://www.ca.blm.gov)